



## October 2019

We hope you are well.

Welcome to our monthly newsletter.

We apologise for sending it out so late, but we trust you will still find it beneficial.

### GO NATURAL's Advice

#### JUICING and The JUICE of life!

#### RESET YOUR BODY!

##### BACKGROUND

Because of our fast-paced modern lifestyles, it has become nearly impossible to ingest enough raw vegetables (containing their antioxidants, Phyto-chemicals, living minerals, enzymes, vitamins and more) to be optimally nourished. On top of that, many people today are also exposed to unnaturally high amounts of pollution, stress, time constraints, toxins, as well as trick and cheat foods that cause the masses to experience malnourishment and toxicity. Sadly, many people are already victims as they are in a state of being advanced malnourished and drained with no vitality and may already experience advanced 'dis-ease' conditions like cancer, diabetes type two, obesity, no energy with a compromised immune system, etc.

##### Why juice?

##### 1. Boost your IMMUNE SYSTEM!

Your immune system is key to protect you in densely populated areas against viruses, bacteria and cancer. The advantage of juicing raw vegetables lies in separating the juice from the fibre, thus retaining the bulk of the nutrients in the juice. Because the fibre has been removed, these fresh, living nutrients in the juice can enter the bloodstream and at a cellular level quickly, without the time-consuming and energy-depleting process of digestion.

Juicing vegetables provides one of the best sources of nutrients for building and regeneration of our bodies and cells.

Unfortunately, many times most of the vegetables we ingest are overcooked. It is essential that we eat more RAW food, this is important as we need the living enzymes (also called the sparks of life). I am not by any means against cooking, but I feel that we consume way too many cooked foods.

With a juicer, you make it quick and easy as you are drinking your raw vegetables or “salads”.

## **2. MAKE your own MEDICINE**

When you are sick, instead of chemical and possibly harmful medicines, you can add herbs like fresh ginger root and make your homebrew of NATURAL MEDICINE. For example, it has been proven repeatedly that ginger is 1 000 times more effective than chemotherapy.

## **3. DETOX with a daily VEGGIE JUICE**

The profound number of antioxidants in vegetable juice helps to mop up toxins that are present in your body.

## **4. Make your juicer your supplement factory.**

Because you remove the nutrient-poor fibre, you are literally condensing nutrients and essentially you are making your fresh food supplements. A good juicer will empower you to make inexpensive, fresh, homemade, natural, organic and superfood supplements.

## **5. TIME SAVER**

Instead of spending long and warm hours in front of a stove, you can have a nutrient-rich juice made and consumed in less than 30 minutes.

## **SUMMARY:**

**Juicing is the most natural, fast and cost-effective way to get nutrients to the cellular level.**

And it helps to:

- Regain and boost your health and vitality
- Detox cells
- Boost your immune system with mega loads of antioxidants
- Purify the blood
- Accelerate healing with ample building blocks to replace damaged cells.
- Spike the energy levels
- Supply nutrients in synergy.
- Balance your pH
- Hydrate the body

In short, juicing is the best and safest way to counteract the unnatural convenience lifestyle that renders our bodies **overfed and malnourished**. Bear in mind, juicing is not a passport to cheat and deviate from a healthy diet.

**When sick:**

I would suggest you drink one fresh juice at least once or preferably twice a day. Healing centres all over the globe use juicing therapy. If you cannot afford a juicer, improvise! How desperate are you to get well? Consider selling some of your non-essential luxuries, your microwave oven or TV! No price is too high where your health is concerned. We are quick to complain about the high cost of healthy living, yet we would happily invest in that supersized flat-screen TV, mobile phone, digital camera or latest state-of-the-art iPad! Our priorities are somewhat skewed. Remember, your health is your wealth and it is well worth investing in.

My favourite recovery juice recipe:

- 3 Carrots
- ½ Beetroot
- 1 Spinach leaf
- 2 Celery leaves
- 5mm thick Ginger root slice
- 1 Parsley leave
- A Handful of Barley, Oat or Wheatgrass
- ½ Apple (optional for kids)
- ½ Lemon, skin inclusive

This recipe is a combination of green, yellow and red vegetables, plus powerful herbs and fruit (optional). Remember, this is a highly concentrated drink. Always dilute it with a 50/50 ratio of pure water. If you are a diabetic or suffer from cancer it is advisable to limit all fruits and some of the root vegetables as they contain high amounts of sugar. Replace the above-mentioned with cucumber and/or cabbage.

**Juicer selection****Now, concerning your choice of juicer:**

Not every juicer produces the same desired results. There are horses for courses. To make healthy juice, one needs a proper slow-speed juicer; preferably a gear juicer or a gear juicer combined with an auger juicer, which introduces you the ANGEL juicer technology. The Angel juicer is the most advanced juicer that gives the best juice yield of all the juicers on the market. These juicers not only give you the best juice yield but are also not limited in their functionality, they'll let you create beautiful sorbets, nut butters and so much more. Whereas the usual cheap centrifugal juicers (mostly for fruit) are definitely not recommended; for example, they cannot juice green leaves, yet green leaves are a vital ingredient for good health. I explain all the juicer options and technologies in detail in my book, GO NATURAL Wisdom for Healthy Living. You are welcome to contact us should you be interested.

But remember -the BEST JUICE comes from the BESTJUICER.



**Remember:** YOUR BODY is your RESPONSIBILITY, not your doctor's.

We sadly live in a fallen world and our food chain has been made inferior and the modern processed foods are not good enough to sustain a healthy body. I urge you to live in wisdom and to adopt the GO NATURAL diet and lifestyle.

## GONATURAL'S SPECIAL



### THE SOLUTION

We believe that Go Natural provides a solution with proven and reputable advice plus recipes that has its roots in the traditional hunter-gather diet with foods that are fortified and prepared with living (fresh), and clean ingredients.

Ancient wisdom, discernment and common sense are the foundation.

Read our book, [Go Natural Wisdom for Healthy Living](#), and discover the natural methods and protocols to recover and prevent 'dis-ease'. Our book and/or our five-hour seminar and workshop is the catalyst to release you from the grip of 'dis-ease' and symptomatic treatment with allopathic medicine, which is being prescribed while the root causes of 'dis-ease' are still present.

## TESTIMONIES



We are humbled to present our profound testimonies that prove that our bodies are engineered to win and heal; we just need to do our bit to create the correct environment for healing.

**Remember:**

1. **FIRST DO NO HARM**
2. **PREVENTION is better than cure.**

## THE ENDOCANNABINOID SYSTEM

### **The Missing Link in the Understanding of Human Physiology**

The Endocannabinoid system (ECS) refers to a collection of millions of cell receptors and corresponding molecules found in humans and all mammals. You can think of cell receptors like little locks on the surface of your cells. The keys to these locks are bio-chemical molecules called cannabinoids. Each time a cannabinoid binds to a cell receptor it relays a message, giving your cell a specific instruction or direction.

To read more about the role of the Endocannabinoid system, click on read more below.

[Read More](#)

### **[Video] How Your ECS Impacts Your Entire Body**



If you are looking for a good full-spectrum and organic hemp oil you don't need to look any further.

Introducing you to the IMPROVED and stronger full-spectrum, whole hemp leaf extract - MEDUCA.

[Meduca Brochure](#)

Meduca is a 30ml product with 450mg of CBD/CBDa combined with other naturally occurring cannabinoids such as CBC, CBCa, CBGa, CBG and CBN.

The full-spectrum approach gives us a wealth of terpenes and other valuable synergistic plant nutrients that you won't find in most CBD products, on the market. Most CBD is isolated-CBD (or CBD-isolate as it's known) and is inferior.

Click here [www.canamere.com/gonatural](http://www.canamere.com/gonatural) and order it online.

You are welcome to contact us should you be interested in becoming an affiliate Canamere marketer.

## GO NATURAL recommended events

We present our last two-in-one seminar and workshop for this year on 20 November.

### 1. GO NATURAL's seminar and TRUE food workshop



Click on our video invitation below to see what you can expect from our “For the Love of TRUE Food” event.



If you haven't attended one yet, then you are missing out on a huge injection of wisdom and know-how required for your health and vitality. [Read this latest review](#) by one of the attendees.

You are welcome to join us for our next seminar and workshop on the 20th November. The lifesaving information presented in the first session, the 1½-hour seminar, is already worth the

cost of the whole event. This is then followed by the 3½-hour demonstration on how to prepare TRUE FOODS with living ingredients.

The demonstration will be of:

1. Essene Bread from Sprouted grain
2. Traditional Hummus
3. Dairy Kefir
4. Raw Chocolate - Go Natural's 3-in-1 Anti-Aging Snack

A taster of all of these will be enjoyed by attendees during the event.

### Invitation & Programme

Remember the Go Natural philosophy: **YOUR FOOD is YOUR FUTURE**. Everything you put in your mouth eventually becomes a part of you. Make sure you are geared for a good future where you replace old cells (approx. 20 million cells get replaced daily) with equal or better building material, by ingesting whole and true nutrients.

**CLIENT FEEDBACK** - <https://gonatural.co.za/content/22-client-feedback>

Book Here

Book online with Quicket

## Be Informed

### VACCINE Safety?

Dr. Russell Blaylock Warns: [Don't Get the Flu Shot – It Promotes Alzheimer's](#)

Dr Suzanne Humphries - [are vaccines safe?](#)

Dr Oz Warns about [MERCURY in Flu Shots](#)





[Read More](#)

### The eminent 5G Risk

Join discussions on our [Facebook wall](#) if you like.

'Did you know insurance companies do not provide coverage for health injuries against wireless technologies because it is simply too risky? For example, the Lloyd's of London and its underwriter CFC Underwriting Limited excludes any liability coverage for claims, "Directly or indirectly arising out of, resulting from or contributed to by electromagnetic fields, electromagnetic radiation, electromagnetism, radio waves or noise" (CFC 2012). [This includes mobile towers, mobile phones, WiFi routers, smart meters.](#)'

### 250K Cell Tower Workers TOASTED every year!



### A VICTORY

[Read More](#)

"Get Dr Martin Pall's powerful, 127-page eBook, 5G Risk: The Scientific Perspective, and learn the science that proves, beyond any reasonable doubt, the biologically harmful effect of 5G



deployments and wireless radiation.

[Click here](#) to download your free eBook about 5G technology!

As the 5G wireless technology rollout is relentlessly promoted - without a single test of its safety by those implementing it - Dr Martin Pall builds a rational and evidence-based case for predicting an imminent explosion in health issues that will come with being immersed 24/7/365 in this technology, including:

- Neurodegenerative and chronic diseases
- Infertility
- Cancers
- Autism
- Still-births
- Blindness
- Hormonal dysfunction
- DNA damage
- Kidney failure
- Insect holocaust
- Conflagrations of forests

The future for humanity and our planet can only be assured by people willing to stand up to destructive forces against what may seem insurmountable odds.

This 127-page eBook is a powerful summary of the science that telecoms don't want us to know, because it scientifically demonstrates, beyond any reasonable doubt, the biologically harmful effect of 5G deployments and wireless radiation in general. Includes citations to 139 scientific research papers.

[Click here](#) to download your free eBook about 5G technology!"

## JOY & JUIG Articles Filled with More Advice and/or Testimonies

We offer lots of advice in our monthly [articles](#) and/or [testimonies](#) in the JOY! and JUIG! magazines.



## Meat to Order

Remember, we supply pasture-reared meat from the Koup district in the Karoo. We also stock freshly frozen, vacuum-packed meat products, i.e. beef, lamb and chicken.

## Final Words

You are always welcome to contact us for more information or advice regarding healthy living. We are privileged to have helped many people accomplish their goals to live a healthy life.

Here are some of our testimonies <https://gonatural.co.za/content/34-testimonies>

I encourage you to never give up; ALWAYS push forward, and remember that your body is designed to win and heal. Always give your body what it was originally designed to have: real food and a clean environment. Remember, “SUCCESS IS NOT AN EVENT, IT IS A HABIT.”

**Blessed regards**

**Johan and the GO NATURAL Team**